



THE SANAWAR NEWSLETTER

'Celebrating Excellence Since 1847'



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On this 77th Independence Day of our great nation, let us salute and honour the countless sufferings and sacrifices of our freedom fighters and celebrate "Nation First, Always First", as part of the "Azadi Ka Amrit Mahotsav."

Section I: From The School

Escapism

Moksha Harnal, LVI

Moments turn into days and days turn into memories. Time is infinite and oblivion is inevitable. Though there are moments in which we feel infinite but they only last so long. It is an established way in which the world works. Living life is like reading a book. Each day, beginning, dawn and dusk, a new chapter and in this loop of chapters everyone needs a nudge to keep them going or an anchor to hold onto.

An escape from reality. Escapism is the habit of using fantasy or entertainment to distract yourself from the unpleasant. Every individual as a human has a way or another to keep themselves

grounded. My escape from reality is reading because it takes me away from my world into another, full of unexplored possibilities, phenomena and fantasies. For others it might be art, music, writing, sleeping, poetry or even just taking a breath of fresh air.

Frederic Sorrieu, a war time survivor and many others like him used art as a form of escapism. Even when the war ends, it never really leaves you. It becomes a part of you. So to keep himself sane, Sorrieu expressed his feelings, emotions, hopes and dreams in the form of art. In this way he could view the world the way he wanted to. In his art he could make his own world.

Poetry has beauty in it because it makes us feel beautiful and alive. It is an escape both for the poet writing it and the reader reading it. And there is plenty of beauty in how a single poem can be an escape to another person's reality miles away.

The Beautiful Birds

Naisha Bansal, L IV

Birds also want to enjoy their life,
Let them be alive.

Don't keep them trapped in a cage,
Because slowly they will age.

Their looks are glorious,
Don't keep them curious.

Let them fly in the clear blue sky,
Try not to break their nest and make them cry.

When I was a child,
I wanted to pet a blue bird.

My mom forbade me,
I went to my father when he was free.

He agreed and said a yes,
And I was delightedly filled with happiness.

I was talking with my family together,
And the topic somehow came up to bird's feathers.

Then, I told my father that I didn't want,
To pet a bird anymore.

Because they also,
Wish to stay for long.

Feminism

Aadya Sharma, L V

What comes to your mind when you hear the word 'feminism'? I'm sure everyone has a different perspective. Well, I'd like to brief you more about this topic.

Women's rights are supported by social and political movements known as feminism. Although, it calls for equality in opportunities, it does not discount the biological disparities between the genders. Feminist campaigns have actually played a significant role in the history of women's emancipation. The twentieth-century feminist movements have made it feasible for women to exercise rights like going to school, voting, working, inheriting property, etc.

Every gender, caste, creed and other groups should value feminism in addition to women. For example it argues that men shouldn't be the only source of income for the family even while it supports women's rights to earn a living. Time and again women have proved that they can do much more than the household chores. Shakuntla Devi, Sarojini Naidu, Kalpana Chawla, Kamala Harris, Major Abhilasha Barak, O.S., and many more are examples of immensely talented and successful women. They are an inspiration to the youth and show us that, if given the opportunity, women can do wonders. The choice to give feminism personal significance must be the main message of feminism. It is to acknowledge that despite feminism being a powerful movement, there are still regions of the world where women are object to oppression and exploitation. As a result, we all must make efforts to practice intersectional feminism.

A Spooky Night

Saachi Goyal, L IV

Once at night, I saw,
A big spooky mansion.
Seeing it I got afraid and,
Shouted because of tension.

Then suddenly, I heard,
A spooky and creaky voice.
After a while I realised,
It was just the wind's noise.

I tried to run fast, but,
Someone was pulling me.
With some courage I looked back,
Only to realise that it was a branch of a tree.

I told this incident to my parents
And the school house staff.
But to my surprise,
They were astonished and started to laugh.

Before going to bed,
I sat on a chair, half dead.
And thought that,
There was nothing to get scared.



Nam Myoho Renge Kyo

Karmanya Harjai, U VI

Nam means devotion, the devotion towards practising Buddhism. Myoho means mystic law, the essential law of life and its phenomenal manifestations. Renge means lotus, which signifies simultaneity of cause and effect. Kyo means sutra, which signifies the sound of truth in one's voice.

Chanting this mystical mantra is an important practice and is often used as a form of meditation in Buddhism. Chanting has many benefits. Some of which include:

1. Focus and concentration: By focusing on the sound of chant, one can train the mind and the body to be more attentive and present.
2. Mindfulness: Chanting helps in cultivating mindfulness. As we chant, we become more aware of our breath and body which helps us to stay grounded at the present moment.
3. Stress reduction: Chanting can be a great way to reduce stress and anxiety. The rhythmic nature of chant and focusing on the sound can be soothing to the mind. It is also a great way to calm down our nervous system.
4. Emotional healing: Chanting helps us to release our suppressed emotions which ultimately help in benefiting our emotional well being.
5. Connection with the divine: By chanting this sacred mantra, individuals feel a sense of connection and reverence towards something greater than themselves.

In conclusion, chanting Nam Myoho Renge Kyo is a powerful practice and valuable tool for those seeking greater peace, well being and clarity in life. I strongly encourage you all to follow this essential law of life.

Nature

Aarav Sood, L IV

Nature is everywhere around us,
We humans kill it by using our bus.
Where the nature is already warm by the Earth's
crust,
Greenery should be a must.

Nature is the green beauty,
It is when we preserve with great duty.
She gives us a hand,
To build ourselves a great land.

Which we proudly accept,
With our greedy minds.
Yet the nature is very kind,
From which our lives bind.

Nature is like a beautiful friend,
Its beauty can never be brought to an end.
Nature is something that we can't resent,
But nature is from where we descend.



Glossophobia

Navya Chaudhary, L V

For all those who don't know, glossophobia can be described as the fear of speaking in front of a large group of people. A large number of the population suffer from this condition. Speaking in front of others is not easy and I doubt anyone will be willing to dispute that statement. People with glossophobia can feel a lot of emotions while doing public speaking, emotions ranging from nervousness to flat out panic. A lot of people can even experience mental breakdowns and panic attacks. Life is never easy and opportunities will never be handed to you and you have to fight for them. Speaking skills play an important role in this metaphorical fight. So, while it's tough, glossophobia can be combatted. For the fear of sounding like a preacher, I use myself as an example. I despise public speaking and even the sheer thought of it turns my knees to jelly. Although, it may not seem like it, I have a fear of public speaking. But, similar to how people say rules are made to be broken, I feel fears are meant to be overcome. Overcoming this particular fear is a long fight but the sense of achievement, the confidence boost is all worth it. In the hope of not putting everyone to sleep, I will end here with one last parting shot. Glossophobia is not the fear of people, it is the fear of their judgement. Don't let their judgement affect you, and you will coast along life.

A Day In The Life Of A Sanawarian

Anhad Singh Dhiman, L IV

We wake up in the morning sleepy,
We get ready and start the day with P.T.
It all feels like a wrestle,
The P.T. ends with the coach's final whistle.

We then go to school,
The weather is pleasant and cool.
After breakfast we march to the Chapel,
The meals make us feel like a fresh apple.

After school, we go for games,
This is the hottest time of the day.
After games, we have hobbies,
This is the way.

Then, we go for dinner,
And we all eat like a winner.
In the study hour, we finish the work to be done,
Yes, this is the routine of a Sanawarian.

Spirituality or Religion

Preet Gupta, L VI

Everyone thinks that spirituality and religion are two different things. Actually they are two faces of the same coin. Religion comes from spirituality. In today's world, it is crucial for us to grasp the true meaning of both concepts and choose the right path. To lead a peaceful and happy life, we need to embrace spirituality rather than religious practices.



Spirituality refers to one's own belief and interpretation of religion and God. Basically living and leading our lives, on our own terms and conditions, without any hesitation or fear. It means, taking pride in ourselves and living a life with honour, while prioritising our physical and mental well-being. It is just about being ourselves and living our lives to the fullest.

On the other hand, religion is a path or idea made by the people to follow. Religion leads many people to spirituality. Almost all the religions in the world, including Hinduism, Jainism, Christianity, Zoroastrianism, Islam, Judaism, Sikhism and Buddhism share the same core values.

Living as a good human being, offering help to those in need, refraining from harmful thoughts or actions towards others, and avoiding toxic individuals, all fall under the realm of spirituality. We need not follow any religion at all, as being spiritual doesn't mean being religious. Being religious means being a follower of someone whereas being spiritual means rising above self.

It is very important to understand spirituality today. So let's lead a path of spirituality full of good deeds, as in the end, it is the 'Karma' that matters, so that when we are no more, we are remembered for our nature and good deeds.

Our Mother Earth

Keshav Gupta, U IV

Three hundred years ago, our mother earth,
Had kings and emperors with power.
Knowing the mother Earth's worth,
Now-a-days, our mother has mostly towers.

Three hundred years ago, our mother Earth,
Had many species of birds and animals.
Now-a-days, we have neither dodos nor civets,
Who left behind only bones and fossils?

Three hundred years ago our mother Earth,
Was without any dearth of water.
Now-a-days, we waste thousands of litres of water,
And we still don't bother.

Three hundred years ago our mother Earth,
Had wild green forests for birds and animals.
Now-a-days, we have artificial forests called zoos,
In which we treat animals and birds like show-pieces of nature.



Boarding Schools

Renaya Mittal, U IV

What comes to your mind first when you think of boarding schools? A home away from home. Life at a boarding school is not so easy but you slowly learn to adjust and start being happy.

In a boarding school, you learn lots of new things like values, life skills, leadership qualities, self-defence etc. You stay away from your family, but you get to bond with friends who will stay for life. You face different challenges and learn how to overcome them.

Living in a boarding school can be a bit problematic sometimes and there are problems like anxiety, teasing, homesickness and weakening ties with family, but there is always a solution to a problem. You can always talk to teachers and friends who can help you overcome these problems. You develop physical and mental strength, sportsmanship, certain skills and learn how to be responsible and self-reliant. Living in a boarding school can help develop a personality and find your passion.

In the end, I would like to say that, living in a boarding school can be a bit hard sometimes but it comes with a lot of benefits.

Patriotism—The Thing India Needs The Most

Neev Bareja, U V

What comes to your mind when you hear the word 'patriotism'? Probably our country, India or the Tiranga. Well, you are kind of right but not exactly. According to me, patriotism means 'service to the nation before the self'. It basically means serving your nation before you serve yourself, doing something good for your nation before you do it for yourself.

Now, I have another question for you all, what comes to your mind when I say service to the nation? Probably the Army, Navy or the Air Force, or perhaps the whole defence services. But there are various other ways by which you can serve your country. For example, if you are a police officer or an IAS officer or any other government employee, just by doing your work wisely, without corruption you can serve your country. Suppose you're a business-man and have a lot of money and power, instead of misusing your money and power you can help the poor around you, this way you are helping in reducing poverty and boosting up your country's economy, and hence serving your nation. But one can't deny the fact that serving one's nation in defence services, fighting for one's motherland, dying a martyr and having a funeral wrapped in the tri-colour is one of the greatest things that one can achieve as an Indian.

Secondly, with patriotism, comes unity because as a patriot you follow the policy of your nation first. You are an Indian before being a Hindu, an Indian before being a Muslim, an Indian then a Christian, first an Indian then a Sikh. India was and is still divided on the basis of caste, race, religion etc. and that's the reason the British were able to rule us for over two centuries. They followed the policy of divide and rule, we suffered but they ruled, we died but they ruled, we were divided yet they ruled. First the Mughals, then the British and now the selfish politicians, we as citizens have always been oppressed. We are being oppressed and we will be oppressed if we continue with this kind of hatred. But when we are patriotic, when we all march under the same banner, when we all salute the same 'tiranga' and when we all sing the same national anthem, we share a common identity, the common identity of being patriotic... the common identity of being a part of a great country, the common identity of being an INDIAN.

We all need to live in harmony. In the end, I would suggest it shouldn't be 'MERA BHARAT MAHAN'...it should be 'HAMARA BHARAT MAHAN'.

Inter-House Jr. English Declamation, 2023

Declamation is an artistic form of public speaking. It is a dramatic oration designed to express through articulation, emphasis and gestures.

John Ford once said, "You can speak well if your tongue can deliver the message of your heart." To inculcate the skill of impressive speech, The Lawrence School, Sanawar conducted the Inter-House Jr. English Declamation Competition on 22nd April, 2023.

The selected students from classes Lower IV, Upper IV and Lower V participated in the activity and declaimed on a variety of topics like 'Life of Ratan Tata', 'Women Should Rule the World', and many more. It was a tough and challenging competition since all the participants performed to the best of their ability and House spirit.

The result of the Competition is as follows:

Individual Positions:

- | | | |
|-------------------|------------|----------------|
| 1st—Srishti Priya | Class U IV | Nilagiri House |
| 2nd—Amaira Bansal | Class U IV | Siwalik House |
| 3rd—Saara Sharma | Class U IV | Vindhya House |

House Positions:

- | |
|--------------------|
| 1st—Vindhya House |
| 2nd—Nilagiri House |
| 3rd—Siwalik House |
| 4th—Himalaya House |



Result of Inter-House Sr. English Debate held on 3rd May, 2023

House Positions:

S. No.	House	Position
1.	Nilagiri	First
2.	Siwalik	Second
3.	Himalaya	Third
4.	Vindhya	Fourth

Individual Positions:

S. No.	Name	House	Class	Position
1.	Veer Devgan	Siwalik	UVI C	First
2.	Keerat Sandhu	Nilagiri	UV B	Second
3.	Dia Atal	Siwalik	UVI C	Third

Result of Inter-Section English Poetry Recitation Competition held on 6th May, 2023

Individual positions in Class L III:

- 1st—Myra Kathpal
2nd—Arshiya Aggarwal
3rd—Navisha Sood & Arjun Bandta

Individual positions in Class U III:

- 1st—Aisha Gupta & Sanika Srivastava
2nd—Parth Shukla
3rd—Kainaat Jakhar & Jayatrika Manhas

Class positions are as follows:

In Class L III:

- 1st—Lower III C
2nd—Lower III B
3rd—Lower III A

In Class U III:

- 1st—Upper III C
2nd—Upper III A
3rd—Upper III B

JK Kate Memorial Knowledge Conclave

A team of seven students (five girls and two boys) from The Lawrence School, Sanawar, participated in the JK Kate Memorial Knowledge Conclave at PPS, Nabha on 12th and 13th August, 2023. The Conclave comprised a variety of activities like Debate, Storytelling, Quiz, Poetry Composition, Wall Magazine and Book Review.

The students of the school participated in all the events with enthusiasm and put up an excellent performance. They were awarded prizes and certificates in the following categories:

1. Sarah Kesar was adjudged the best speaker in the Jam Round of the Debate.

2. Japteshwar Singh Gill and Aaran Krishn were awarded the 1st Runners-up position in General Knowledge Quiz.
3. Sehaj Chandra and Mugdha Thakur were adjudged the 2nd Runners-up in Wall Magazine.

Section II : The Academic Honour Board!

!! Achievers !!

Students who scored 90% or above marks in the Half Yearly Examination, 2023.

Sr. No.	Name	House	%
L III—A			
1.	Aayansh Singh	HPB	97'00
2.	Aryav Garg	HPB	96'00
3.	Navisha Sood	HPG	94'00
4.	Siddhatri Sud	VPG	94'00
L III—B			
5.	Adi Zinta	SPB	95'00
6.	Aradhya Sood	HPG	92'00
7.	Arshiya Aggarwal	VPG	91'00
8.	Ishmehar Singh Sidhu	NPB	90'00
9.	Madhav Raj Chugh	VPB	96'00
L III—C			
10.	Arjun Bandta	HPB	96'00
11.	Ashvika Jaiswal	SPG	92'00
12.	Bhavika	SPG	92'00
13.	Damira Malik	VPG	92'00
14.	Javish Singla	SPB	97'00
15.	Myra Kathpal	HPG	98'00
U III—A			
1.	Aisha Gupta	VPG	90'00
2.	Alyssa	SPG	91'00
3.	Arisha Jain	HPG	99'00
4.	Bhumit Jain	NPB	93'00
U III—B			
5.	Devansh Yadav	SPB	92'00
6.	Harsheen Kaur Cheema	VPG	91'00
7.	Kabir Wadhwa	HPB	93'00
8.	Mokshit	VPB	92'00
9.	Myra	HPG	95'00
10.	Nadar Singh Walia	NPB	98'00
11.	Nirvaan Ahuja	VPB	91'00
12.	Udayveer Sharma	HPB	91'00
13.	Vikalp Kumar	HPB	90'00
14.	Yuvika Negi	SPG	93'00
U III—C			
15.	Garv Bakshi	SPB	97'00
16.	Gurtaj Singh Gill	VPB	96'00
17.	Jayatrika Manhas	VPG	93'00
18.	Kainaat Jakhar	HPG	93'00
19.	Lavanya Bhakuni	VPG	92'00
20.	Palak Mittal	HPG	91'00
21.	Sanika Srivastava	HPG	92'00
22.	Vedanshi Singh Rana	NPG	90'00
23.	Yuvaan Thakral	HPB	90'00



Section III O.S. News

Dr. Shalini Grover (O.S.'88, VGD) is a Research Fellow at International Inequalities Institute. She locates herself within the disciplines of anthropology and gender studies. She has had several publications since 2009. Her recent publications (2016 onwards) offer an analysis on emerging (and historical) divorce statistics and middle-class women as 'new legal subjects.'

She has recently received two grants as Principal Investigator (PI) at the London School of Economics (LSE). The first is a British Academic (BA)/ Leverhulme Small Research Grant on, 'Male Domestic-Care Labour in Globalizing India' and the second or current grant (2022-23) is an award from the LSE RISF Fund on, 'Forgotten Histories of Racialized Colonial Networks of Domestic Workers in South India: Impacts on Contemporary Labour Markets.'

Apart from her academic and policy work, she has engaged in numerous public debates on the institution of marriage and the inequalities of domestic labour through a range of book reviews, newspaper articles, blogs and opinion pieces.

हिन्दी खण्ड

आजादी हमें एकजुटता से रहने व एक दूसरे का सम्मान करने की प्रेरणा देती है। इसलिए

आजादी का अमृत महोत्सव मनाएंगे
हर घर तिरंगा लहराएंगे और खुशियाँ फैलाएंगे।

★ ★ ★ ★
मिट जाएं भेद सारे, सारा जहाँ हो अपना।
सुख की उठें तरंगें, सच हो संजोया सपना।।

'राष्ट्रवाद और देशभक्ति: एक ही सिक्के के दो पहलू'

राष्ट्रवाद और देशभक्ति देश की नींव होते हैं। मेरे पास आप सबके लिए एक प्रश्न है आप सबके मन में क्या आता है मैं जब देशभक्ति और राष्ट्रवाद की बात करता हूँ? क्या हमारे देश? हमारा भारत? या फिर हमारा तिरंगा? अगर हाँ, तो आप लगभग सही हैं पर पूरे तरीके से नहीं। मेरे हिसाब से देशभक्ति और राष्ट्रवाद का अर्थ है अपने देश के प्रति प्यार और अपनी सेवा करने से पहले देश की सेवा करना। यानी खुद के लिए कुछ अच्छा करने से पहले देश के लिए कुछ अच्छा करना। अभी और सरल भाषा में कहना चाहूँ तो खुद के बारे में सोचने से पहले देश के बारे में सोचना।

अब मेरे पास आप सबके लिए एक और प्रश्न है आप सबके मन में क्या आता है मैं जब देश की सेवा की बात करता हूँ? हिंदुस्तान के रक्षक? हमारी सेना? अगर हाँ तो आप इसमें भी लगभग सही हैं पर पूरे तरीके से नहीं। माना अपने देश की सेवा करना, अपनी जन्मभूमि के लिए लड़ना, अपनी अंतिम साँस तक अपनी मातृभूमि की रक्षा करना और भारत

माता के लिए शान से अपनी जान कुर्बान करना एक भारतीय के लिए सबसे उच्च सम्मान में से एक है, पर ऐसे कई सारे और तरीके हैं इसे आप अपने देश की सेवा कर सकते हैं। अगर मैं आपको एक उदाहरण देना चाहूँगा तो अगर आप एक IAS अफसर हैं, या फिर एक पुलिस अफसर हैं, तो आप अपना काम ढंग से बिना भ्रष्टाचार के करते हैं तो आप अपने देश की सेवा कर रहे हैं। मैं आपको एक और उदाहरण देता हूँ मानिए आप एक बहुत बड़े व्यापारी हैं, आपके पास बहुत सारा पैसा है, तो अभी आप उस पैसे का दुरुपयोग करने की जगह, आप उसका उपयोग गरीबों की मदद करने में कर सकते हैं जिससे आपके आल-पास की गरीबी कम होती है और आप अपने देश की सेवा कर रहे हैं।

हमारे प्राणों की सार्थकता देश प्रेम में है—प्राण क्या है देश के हित के लिए? देश छोड़कर जो जिए तो क्या जिए।।

अंत में मैं बस यही कहना चाहूँगा कि मेरा भारत महान नहीं है...हमारा भारत महान है!!!

धन्यवाद। जय हिंद। जय भारत।

नीव बरेजा
कक्षा दसवीं

★ ★ ★ ★

"वो खूबसूरत फिजायें, वो ठंडी हवाएँ,
वो तीली किरणें, वो सुंदर लताएँ,
पहली बार देखी जगह भी न जाने क्यों जानी पहचानी लगे,
उस ऊँची चोटी पर, सब कुछ खूबसूरती से लदे।"

बचपन से ही मुझे पहाड़ बहुत लुभावने लगते हैं। मेरा हमेशा से ही सपना था कि सनावर में आने के बाद मैं हर साल अपने दोस्तों के साथ ऊँचे पहाड़ चढ़ूँगी। पर, कोविड ने मेरे सपनों पर पानी फेर दिया। लेकिन मैं भूल गई थी, हम सनारियन हैं, किसी से नहीं डरते, इसीलिए तीन साल बाद ही सही पर हमारा स्कूल 5 दिनों के लिए अलग-अलग समूह में शिमला, मनाली, कांगड़ा, सोलन, मंडी, नाहन और पंजाब के विभिन्न कैम्पस में गए। 7 मई से 11 मई, सच में, मेरे ज़िंदगी के सबसे अच्छे यादगार दिनों के तौर पर गुजरते हैं।

हम आठवीं कक्षा की लड़कियाँ शिमला के खूबसूरत मशोबरा इलाके में गई थीं। सबसे ज्यादा उत्साह से भरी तो शायद मैं ही थी क्योंकि यह पहली बार था जब मैं अपने दोस्तों के साथ पूरे रात-दिन रही थी। गानों के ताल पर झूमते जब हम मशोबरा पहुँचे तो वहाँ की सुन्दरता से मैं तो खुशी से अवाक हो गई थी। अगले चार दिन, हमने बहुत ही रोमांचक ट्रेनिंग गतिविधियाँ की—rappelling, फायर फॉक्स, एक रस्सी पर चलना और ziplining। हम इतना चले जितना कभी नहीं चले होंगे पर दोस्तों के साथ हर चीज में मज़ा ढूँढ़ लेने की ताकत मिल जाती है। हमने पूरे साढ़े-तीन किलोमीटर की ट्रेक की बस मैगो बनाने के लिए। पर अपनी हाथों से जंगल के

बीचों बीच बनी सैगो का स्वाद ही अनोखा होता है। देर रात को जागकर बातें करना, पागलों की तरह नाचना और हाँ, मेरे टेंट के आलसी दोस्तों को हर सुबह मिलात कर-कर के जगाना, कुछ ऐसी यादें हैं जो मैं ज़िंदगी भर नहीं भूल पाऊँगी। वहाँ सुन्दरता और लाजवाब खाने की मैं हमेशा दीवानो रहूँगी।

मुझे बदल कर रख दिया इस पहले कैम्पस ने, मुझे अपने आप का एक नया रूप दिखाया है, जिसे मैं हमेशा कायम रखूँगी! धन्यवाद!

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